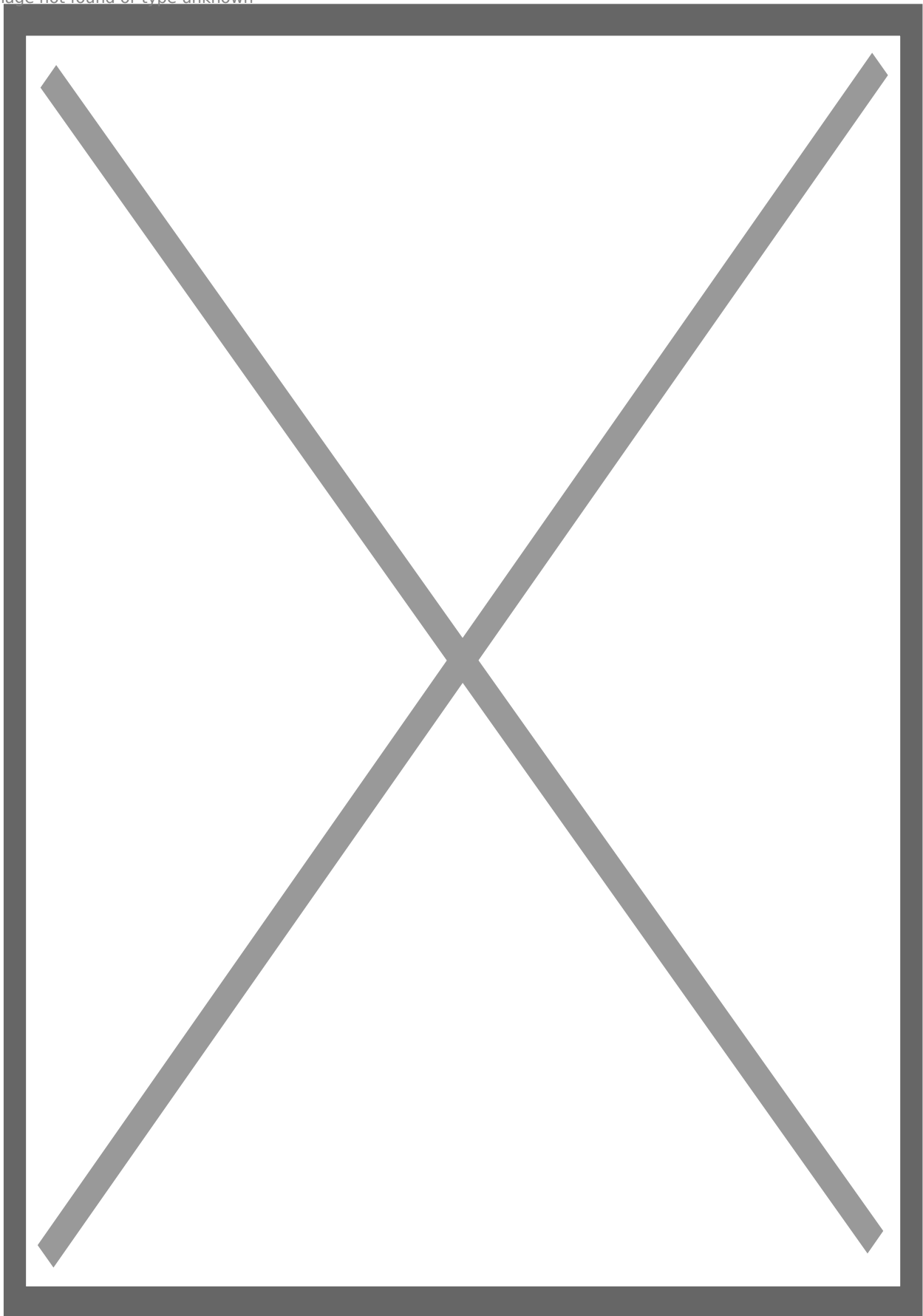


Food and Medicine in the Time of the Epicureans in Ancient Greece and Rome

Post by “Don” of September 12, 2022 at 11:23 PM

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<https://www.epicureanfriends.com/thread/2539-food-and-medicine-in-the-time-of-the-epicureans-in-ancient-greece-and-rome/?postID=19799#post19799>

[Barley Pita Bread](#)

When many think of Greek Food, they think of pita bread. In truth, the Ancient Greeks enjoyed all sorts of breads, both flat and formed, but I thought it...

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Okay, this one looks interesting. Not sure how "ancient" it is with yeast and wheat flour, but this is what I have in mind to try with the other recipes